



Move toward rewards

Join the Montgomery County Public Schools (MCPS) wellness program and earn up to a 2% credit toward your monthly membership payment in 2027 when you take these healthy steps:



Join today

- Visit **kp.org/engage** and sign on with your **kp.org** user ID and password.¹
- Accept the Wellness Program Agreement to be eligible to earn rewards.
- Visit the website often to view and track the status of your activities.



Here's what to do

- Get four biometric screenings:
 - Blood sugar (glucose)
 - Blood pressure
 - Body mass index (BMI)
 - Total cholesterol
- Take the Total Health Assessment.



Feel the benefits

- Complete one or both of your activities by October 2, 2026, to earn a credit of up to 2% from MCPS toward your monthly membership payment in 2027:
 - Receive a 1% credit for completing your biometric screenings.
 - Earn another 1% credit for completing the Total Health Assessment.

Sign on at **kp.org/engage**.

¹If you're not yet registered at **kp.org**, click the "Register for an account" button to get a user ID and password.

The rewards program runs from October 5, 2025, through October 2, 2026, and is open to all MCPS employees 18 and older who are Kaiser Permanente members. You can take the Total Health Assessment as often as you would like, but you can only earn a credit for it once during the reward period.

Workforce health programs and rewards are separate services that are not health plan benefits and may be discontinued at any time.

Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, DC, 4000 Garden City Drive, Hyattsville, MD 20785

